

## WHAT IS CERT TRAINING?



**T**he City of Fort Lauderdale's Community Emergency Response Team (CERT) program educates residents about disaster preparedness for hazards that may impact their area and trains

them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

Using classroom and hands-on training, CERT members develop skills to assist others when professional responders are not immediately available. CERT students learn to splint arms and legs, open airways, control bleeding, and treat shock. They are taught how to perform a head-to-toe assessment, how to safely remove debris, how to safely remove a victim from a car, and how to shelter in place in the event of a terrorism threat.

The eight-week, CERT program is a partnering effort between the City's emergency services and the citizens they serve. CERT training is free of charge to all Fort Lauderdale residents.

By completing the CERT program, residents will be better prepared both mentally and physically to respond to the aftermath of a disaster or an emergency such as helping someone trapped in a burning car or performing CPR.

## WHY BECOME CERTIFIED?

**T**he City of Fort Lauderdale's emergency personnel respond to calls 24 hours a day. In most cases they are able to respond within minutes; however, if a major disaster occurs, emergency response could be delayed.



*Following a major disaster many people feel overwhelmed and helpless. CERT empowers individuals, families and entire neighborhoods because they learn skills to help them respond to whatever emergencies may arise. In the event of a disaster, CERT members are part of a response effort coordinated throughout the City that enables them to help themselves.-*

*Warren Sturman, MD*

It is a natural reaction for people to want to help those who need it, but the reality is without proper training good intentions may cause more harm than good.

CERTified residents gain the confidence and ability to save lives by providing effective emergency response. They make necessary decisions, organize a scene, and implement practical skills to offer immediate assistance until professional help arrives.

By assisting others, CERT members do the

greatest good for the greatest number.

## HOW DO CERT MEMBERS HELP?

**F**ort Lauderdale CERT members are assigned to neighborhood teams where they are mobilized and work together to reduce injuries, loss of life and property damage in the event of a disaster.

CERT members apply life-saving skills to give critical support until help arrives. They also have first

response capabilities because they can canvass assigned areas, extinguish fires, assess damage, turn off natural gas inlets, perform search and rescue and triage, determine the need for supplies, and render basic medical treatment.

When emergency personnel do arrive, CERT members provide responders with support at the disaster site.

CERT members play an important role in community safety. CERT members save lives!



*CERT training is invaluable. It provides the opportunity to network with others in my community who share the same goal, to pass along skills learned and to create awareness.-*

*Phillip B. Zerof*

**For more information about CERT or to register for a class, please call the Domestic Preparedness & Emergency Management Bureau at 954.828.6700 or visit [www.fortlauderdale.gov/fire-rescue/cert.htm](http://www.fortlauderdale.gov/fire-rescue/cert.htm).**

If you would like this brochure in an alternate format (large print, audio tape), please call 954.828.4746 or

e-mail [webmaster@fortlauderdale.gov](mailto:webmaster@fortlauderdale.gov). Printed February 2005

## FORT LAUDERDALE CERT CLASS TOPICS

### Week 1 - Introduction/Disaster Preparation

An overview of course objectives is presented, as well as the City's Emergency response planning efforts and types of emergencies that could affect South Florida.

### Week 2 - Disaster Psychology

Class covers disaster psychology and CERT team command post operations using the incident command system (ICS), which includes the operations, logistics, planning, and administration sections.

### Week 3 - Basic Fire Suppression

Class covers basic fire suppression, team and personal safety considerations, and an introduction to the problems associated with hazardous materials incidents.

### Week 4 - Disaster Medical Operations I

Students will evaluate patient injuries and learn basic first aid treatment, including fractures, splints, sprains, and burns.

### Week 5 - Disaster Medical Operations II

Students learn triage techniques and how to recognize and treat life-threatening injuries such as airway obstructions, bleeding, and shock.

### Week 6- Terrorism and CERT

An overview of weapons that may be used by terrorists and their potential targets is given. Students will learn how to report suspicious activity safely.

### Week 7 - Light Search and Rescue

Students learn rescue safety, techniques for personal readiness, sizing up, searching, lifting, cribbing, and removing victims.

### Week 8 - Final Exercise and Graduation

Materials from seven weeks of training is reviewed. Students participate in the graduation ceremony and receive certificates, T-shirts, medical bags, and badges.

**CERT Teaches....**  
**Lifesaving Skills**  
**Disaster Recovery Techniques**  
**Emergency Preparedness Training**



City of Fort Lauderdale  
Fire-Rescue Department  
Domestic Preparedness &  
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# Community Emergency Response Team



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